

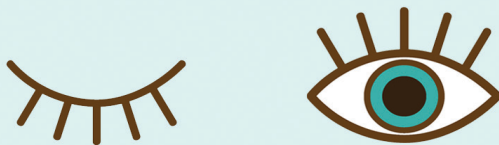
**Hypnosis So Easy...**

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# **You Can Do It**



**Eyes Closed or Wide Open**



**Karen Hand**

# **Hypnosis – So Easy You Can Do It Eyes Closed or Wide Open**

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# ***Welcome to the Wonderful World of Hypnosis!***

Thank you for taking the time to learn a little more about Hypnosis. What it is...and what it isn't.

The dictionary says:

- **Hypnotism** *is the science dealing with the induction of hypnosis.*
- **Hypnosis**, according to the dictionary, *is an artificially induced trance-state resembling sleep, characterized by heightened susceptibility to suggestion.*
- **Hypnotize** is defined as -
  1. *To put in the hypnotic state,*
  2. *To influence, control, or direct completely, as by personal charm, words or domination.*

It sure sounds powerful, does it not? And it is definitely portrayed as powerful, authoritarian and domineering in most movies or in Hypnosis Stage Shows. The Hypnotist is often portrayed as the wise or cunning manipulator. But in my nearly 20 years of experience as a full-time Hypnotist, those definitions are limited to what the authors believe Hypnosis to be.

I would prefer that Hypnotists never say "I put someone in a trance" or "I had them go so deep". Or, in fact, ever take any credit for the trance at all! The credit is in the strategic utilization of the trance the client (or listener) is in already.

As you read more about hypnosis, you will also discover it is all predicated on one's Belief System. The success of the trance depends on the belief system of both the Hypnotist and the Hypnotizee. The truth I will share with you here is my BS...my belief system. I cannot swear that it is true but it certainly is what I believe and how I have worked efficiently and effectively with clients, students, and with groups for nearly two decades.

Each person brings their own BS to the table; both literally and figuratively. If a client believes in Hypnotic Magic, it is prudent for the hypnotist to help them experience some Hypnotic Phenomenon. If one believes relaxation is required for Hypnosis, a good progressive muscle relaxation technique will benefit the

process. Hypnosis is dependent on one's belief system especially when it's being done on purpose for a purpose.

I prefer to think there are no limits to the ways a trance can progress. I ask questions that uncover the client's belief system and then fit the session to that rather than try to fit a client into some predetermined system or technique. I choose a curiosity framework. I want to discover how my client has organized their thinking to produce the results they're getting. And then, trying anything in a different way will at least produce a different result.

I also believe my clients have organized their thinking with the best intentions in mind. Who am I to tell them what to believe? But if they intend to change something in their life, I help them find solutions that respect the original intention. People are always doing the best they can and consequently, will do better when they have a better solution in mind.

Over the years, I've found my clients, students, friends and acquaintances have all the resources they need for making a change. But sometimes, they are so entrenched in problem thinking, they can't find a solution state that produces a resolution. Again, my strategic curiosity empowers each person to discover the solution best suited for their needs.

And, I trust my clients to use the new tools of self-understanding and self-hypnosis to be empowered to live their best life.

So that we have an understanding about Hypnosis, I'll share my belief about what it is and how it works in the following chapters. When you notice our beliefs are in alignment, you can decide the right time to move forward as a student or a client.

Send questions and feedback to [Karen@KarenHand.com](mailto:Karen@KarenHand.com)

## ***What is hypnosis?***

Notice, you're in a trance right now.

Even without a swinging pocket watch, you're in the "I want to find out more about Hypnosis Trance" or something similar with a specific focus. And you created this trance simply because you chose to check out this e-book.

We go in and out of many different trance-states all day long. Mostly, it's so automatic, we're not even aware of the change. Think about how you feel when you're at work and compare that to how you feel when you're out to lunch with friends. You don't even have to remember to act differently at a bowling alley than you act at a fine dining establishment. You simply go into the appropriate trance automatically without conscious thought. And one of the things you'll like best about discovering how easy it is to create different trance states is that you can now, through the power of your mind, *direct your awareness to what you want* instead of what you don't want.

Hypnosis is a natural state of heightened awareness.

Think of losing track of time when you're on social media or enjoying a hobby or a good book. Your attention is so hyper-focused on what you're doing that you block out everything else.

- You may not hear someone speaking to you.
- You may not feel a cut or scrape that occurs during a project.
- You may not see the obvious red flags in a contract or relationship.

In "Hypnosis-speak", that's called negative hallucination or NOT seeing (or hearing or feeling) something that's right there. That's a deep level of trance with your eyes wide open! (or closed when you want to block out visual stimulus)

You may experience increased suggestibility, after all, that's what happens when you enjoy a movie. You go so deeply into the movie that you can forget about the actors and the director and the camera/sound crew; you even forget about the people sitting all around you in the theatre. That's a cool mind game you play easily, is it not? You've played it many times before even without the guidance of a trained Hypnotist. That's how easy it is!! The difference is that when you work

with a trained Hypnotist, you are naturally guided beyond the limits and toward your desired outcome.

Hypnosis is often accompanied by deep relaxation but it can just as easily be associated with the rush of adrenaline during a sporting event or the excitement of focusing on getting ready for a date. In hypnosis, you can bypass the conscious mind's critical judgment and tap into the power of the subconscious mind which has no limits or awareness of the difference between fact and fiction.

Think about how you would feel right now watching your favorite sporting event or theatrical performance or whatever you'd like to imagine, now.

Seriously, stop right now for just a second and think about something you really enjoy!.....I'll wait...Think about something you really like or enjoy.....

Now, that's nice, isn't it! The thought or memory might be exhilarating or relaxing or somewhere in between. You don't have to be relaxed to use your mind. It's your imagination, you get to do whatever you want to do with it.

Realize, worry is simply a negative use of your imagination. When you worry, you are imagining something that hasn't happened yet. That's another deep state of hypnotic trance. That's positive hallucination or seeing something that's NOT there.

Some people find themselves experiencing positive hallucination when they suddenly realize they've spent the last few years in an unfulfilling relationship. They may have been looking for (and imagining they're seeing) something that's just not there.

While the subconscious mind (the imagination) doesn't differentiate between fact and fiction, Hypnosis can help you align your desires with actual reality so that you organically and easily make the changes necessary to connect with your goal. And you'll feel good every time you notice that you have taken yourself from the trance of what you DON'T want into a different automatic trance that actually leads to your best life.

Hypnosis is an excellent way to take control of your imagination and use it to feel good or happy or whatever positive energy or feeling you **want** to feel.

We are in a trance-state far more than we are in “consciousness”.

You can probably remember the last time you were driving and someone suddenly pulled in front of you. Likely, you slammed on the brakes and that’s when you became very conscious of being behind the wheel. Up until that moment when the conscious mind jumped in, you were daydreaming or ruminating or fantasizing about some upcoming event and yet still keeping the car between the lines, slowing down, speeding up, changing lanes, turning - all in a trance-state of some kind and certainly not fully present in consciousness.

That’s not a reason to worry (imagine the worse-case scenario). The mind is magical and very efficient. And mostly it’s behaving exactly as it is designed to work. It tends to snap into consciousness exactly when you most need it to be conscious for protection.

Now, understand, the subconscious mind might be focusing on something different than what is wanted consciously. As an example, a person who wants to lose weight, might find themselves in the comfort or protection trance when, yet again, they “catch” themselves eating the entire sleeve of Oreos, or finishing an oversized portion or binging on junk food.

Hypnosis helps a person understand what those behaviors really signal so an appropriate response can be downloaded. Repetition of the new response, whether it’s to take a step back or take a minute to evaluate or have a large glass of water or whatever is revealed that will readily work, becomes a comfortable replacement for the unwanted behavior.

The desired response becomes the habit. And I’ve never heard anyone complain about GOOD habits!

## ***How does Hypnosis facilitate change?***

When you decide to eliminate a limiting belief - or add a needed attribute, a well-trained Hypnotist will be very curious about where you are now and where you want to be instead. You'll go on a journey (through conversation or eyes-closed trance or both) toward success.

Your Hypnotist is your I.T. Specialist (Internal Trance-Formation/Transformation Specialist) to help you weed out the limits or triggers and efficiently move toward the life you desire.

Be aware, that humans are always playing mind games. Turns out you win some and you lose some. And, each thought and experience you have created an impact on the outcome, and even the rules of the game, as life goes into the future.

Whatever you believe, that belief is true for you. And every behavior you have was downloaded for a very good reason. However, when a behavior no longer works for you, it's time to delete or upgrade the app. That behavior app is hiding out and waiting to jump in whenever it's triggered. Those behavior apps are a bit like auto-correct which can get you into trouble if you're not careful!

Sometimes we need the IT Specialist to ask the right questions while watching and listening carefully. It's an elegant dance to discover precisely how to upgrade the software for an easy internal adjustment that works better for you and has you winning more of the mind games played on you or that you play on yourself.

While Self-Hypnosis is an excellent technique to maintain good habits, it's also the root of holding on to limits. The way we talk to ourselves (give suggestions to ourselves) is the most important thing we listen to all day. It was Henry Ford who said, "If we think we can, or we think we can't, we're right."

And the mind games we play prove how easy it is to fool ourselves! A trained Hypnotist will listen to your BS (Belief System) and help you uncover the limiting thoughts (self-suggestions) that hold you back. Plus, since it's a mind GAME, the app can be upgraded to honor the original intent with an upgrade that works better than the outdated app.



## ***Can anyone be hypnotized?***

If you can pay attention and follow directions you can be hypnotized. In fact, you've probably been in several states of hypnosis, self-hypnosis, trance or mind-set already today, and will be again before the day is over. When you get engrossed in a good book or a movie, lose yourself in a daydream, or miss your exit on the expressway because your mind was somewhere else ... you're in a light trance. I'm guessing you'd agree that it's certainly not fully-present conscious awareness.

So, you already have the natural ability to be hypnotized; and you've already been doing it easily and automatically by accident.

People have been offering you suggestions your whole life. You've taken some of them - both good and bad. Understand, that is not a sign of "gullibility". You've been taking the suggestion to look both ways before crossing a street most of your life...and that's probably working out very well for you. It started out as a simple suggestion, albeit most likely delivered as a command. Over time, you developed that suggestion into an automatic response.

The same thing occurred when you touched a hot stove or a candle and downloaded the behavior app to avoid things that are hot. That was a self-suggestion delivered through experience and it's still working to your advantage. And, you have many such examples that help you navigate the world.

Conversely, you may have accepted a negative suggestion that's still automatically affecting you in a variety of ways. A parent, teacher, bully or other "authority figure" in school may have made fun of you leading to a nagging belief of not being good enough. Do you believe: I can't sing; I can't stand up in front of people without making a mistake; I might drive over a bridge; I can't lose weight or stop smoking; or any other thought that holds you back? That's a suggestion that became a belief. And that's hypnosis. You accept a suggestion, turn it into a belief and live your beliefs.

The interesting thing about beliefs is, they are not necessarily fact. But we always act and behave as if our beliefs are fact. The beliefs are maintained automatically thanks to the behavior apps downloaded at the time the belief was accepted.

Hypnosis is an excellent way to upgrade beliefs into something that works better in the here and now.

I've had clients who once believed they were smokers and behaved accordingly. They called in the IT Specialist to help them upgrade the apps to be in alignment with their new better-working belief and behaviors changed as if by magic.

Yes, anyone can be - and has been - hypnotized and we are hypnotized by others and ourselves daily. The real question is how quickly will you use your new understanding of Hypnosis to change for good?

## ***But what about strong-willed people like me?***

Some think hypnosis is only for people who are weak-minded or gullible. No - Hypnosis is for everyone. Skeptics, in fact, can even be some of the best clients because of the enhanced “aha moment” when they see the first automatic change. Anyone who wants to be Hypnotized can easily go into that desired state of mind.

No one, not even the best Hypnotist in the world can make you do something you don't want to do. The truth is, you are always in control. You are the only one who can take or reject a suggestion.

It is often said, “The subconscious mind doesn't know the difference between fact and fiction”, but so what! The conscious mind isn't going anywhere. It will observe and be there to protect you (no matter how deeply into trance you go) as quickly as you jumped to attention in elementary school when the teacher caught you talking in class. Whether the teacher said your name or suddenly broke the drone of the lesson and stopped talking, your conscious mind took you out of the that “friendship” trance and snapped you right back into the student trance.

If you want to go into that state known as Hypnosis, you get to do that! A qualified Hypnotist will facilitate the discovery journey according to your belief system. And if you are wanting a behavior change, the Internal Trance-Formation Specialist will guide you to a solution state where you can find the answer that works for you.

Dr. Milton Erickson said, “Most people walk through the world in a trance of disempowerment. Our work is to transform that into a trance of empowerment.”

Set aside disbelief long enough to realize that professional golfers, Olympic athletes, Fortune 500 CEOs, and other strong-willed people like you choose to use Hypnosis. They use it to enhance their focus on success and eliminate negative self-talk. Hypnosis can empower you too!

## ***Can a hypnotist take control of my mind?***

You are completely in control of yourself during hypnosis, aware of your surroundings, and capable of making decisions. You remain selective: you take in suggestions that foster your goals, but reject suggestions that aren't a fit for you. So, hypnosis can't make you do something against your principles or moral beliefs.

If Hypnosis could make you do something you don't want to do, you would see a line of Hypnotists outside the lottery office. Not to buy or cash in tickets...but to "put the whammy" on lottery winners and convince them to hand over all their cash. It just doesn't happen. Because while no one can make you do something you don't want to do, similarly, no one can keep you from doing something you really want to do.

Hypnotists are known for giving suggestions. And, as has already been mentioned, the truth is, *only you can decide whether or not to accept a suggestion*. Some people would love to blame a Hypnotist or other powerful figure for the decisions they've made in their life. But the reality is, people make their own decisions based on what they think is best at the time. When the conditions change, and the behaviors need to change, it's often prudent to get the help of an expert.

Hypnosis can be compared to a parking lot. The suggestions are clearly marked on the slab of concrete. And you are well aware, some people take the parking suggestions and some do not. The driver always gets to decide whether to put the car between the lines or not. You are always the driver in your own life.

And the parking lot is another good way to talk about trance states. When parking, which trance do you find yourself in most often?

- **Parking between the lines:**

Trace state = I'm good at geometry, or I'm a cooperative person, or...I like my stuff and will allow room for your stuff too...I'm a good citizen...I follow the rules...

- **Notice you're too close to one side and get back in to correct the parking:**

Trance state= I'm a perfectionist...I'm definitely a rule follower...I want to be judged as a good parker....

- **A little too close on one side, but close enough:**

Trance state = I'm doing the best I can...I'm good enough...I don't worry too much about other's opinions.....or maybe even - Look at that, I can't even park straight (a mind game that provides "evidence" for inadequacy).

- **Across the line enough to take up 2 spaces:**

Trance state = The rules don't really apply to me...My car's so nice, I don't want you anywhere near me...I don't need no stinking lines...I'm completely unaware of my surroundings...

- **Double parked or parked right in front of the door:**

Trance state = The rules don't apply to me...I'm better than you...I'm in too much of a hurry to care...

You get the picture. And there are many variations on the theme, even much nicer ones than I imagined, yet it still exemplifies the trance state. Everyone's in one trance or another. And mindset/trance often affects the way one takes or rejects a suggestion. The reaction is not necessarily the same each time since the reaction is "state dependent".

I wonder if you notice your own trance states periodically? Maybe you've said:

- Wow, I must have been daydreaming.
- I don't know where my mind was when I made that decision.
- (Or like a famous country song) I know what I was doing, but what was I thinking?

You can ruminate on that from your past if you'd like to and you may get some insight. My clients find it interesting to discover whether they learned a behavior or invented one to protect themselves at the time. People are always doing the best they can with the information they have. It's when new information comes to light that it's easy to adjust to a new normal.

Have you ever encountered road construction that blocks your regular route to a destination? If you have to detour around that roadblock for several days, you become accustomed to the new path. And when you discover that new path is actually faster or prettier or less congested, you easily choose to make that new path your standard routine.

Hypnosis helps YOU take control of your mind. More often than not, it's an adventure in de-hypnotizing the trance that has been practiced for such a long time but now is no longer producing the desired results.

The I.T specialist facilitates the upgrade on those outdated behavior apps.

## ***Hypnosis is like being unconscious, right?***

It can be, if that's what you want. You can use Hypnosis and/or self-hypnosis to go on a mental vacation. You can use techniques to instantly relax and other techniques to use eyes-open and wide awake to get rid of the tension in traffic or anyplace else you need it the most. But mostly in Hypnotist-guided Hypnosis, you hear everything that's being said, and you're quite aware of what's going on around you. BTW, you'll remember about the same amount as you would in any other form of communication.

Do you go unconscious when you daydream? You certainly might "space out" (eyes open or closed) but you are not unconscious. Hypnosis may look that way in the movies or on TV, but in an actual guided state of trance-on-purpose, you remain aware so you can participate.

Right now, as you are reading this, close your eyes for several seconds and then open them again.

Go ahead, (we've done this once already) ... just do it...Close your eyes for a second or two and open them again. We'll continue when you're finished...

Now, that is very much the way Hypnosis feels.

It's not a "feeling" per se. Hypnosis is like anything else you do with your mind.

- Some say they get the same feeling in Hypnosis as they do when they are deep in prayer or meditation.
- Some say the experience is like a heaviness where they sink deeply down into the mental state.
- Others say it's more like floating.
- Some say there's a tingling sensation and others say they feel as if they're outside of their body.
- Some say it's more like the lightbulb just goes on and everything is different.

The reality is, Hypnosis is an inside job. The way you experience it is predicated on your intention and your belief. With your intention to reach a goal, a well-trained hypnotist will calibrate to your beliefs and work with you to move toward a solution. It's really a Trance Dance. You work with the Hypnotist as a team.

Think about Alexa or Siri or any A.I. that is standing by waiting to answer a question or give you directions. I'm sure you are already aware that they are ALWAYS LISTENING! Otherwise, how could they hear their name when you call it? It's the same in Hypnosis. Sometimes you are actively involved in the wide-awake change and at other times you are passively listening to stories or suggestions. Either way is better.

BTW, since you're still in the discovery trance, understand it is just as easy to be Hypnotized in regular eyes-wide-open conversation as it is in an eyes-closed relaxed state. Accidental Hypnosis is the #1 reason people choose Hypnosis-on-purpose.

Since you have already been hypnotized (and have hypnotized yourself) many times without even realizing it, you can comfortably understand that you are not unconscious at all. In fact, you are always participating. And you are the only one who can make the decision to take or reject a suggestion.

When the leverage is strong enough, you find it easy to accept a suggestion. In a Hypnosis Stage Show, for entertainment purposes, the Hypnotist may suggest a participant forget their name until a certain word "unlocks" the suggestion. The participant is likely to take that suggestion and run with it all the way to hearing that certain "unlocking" word. The leverage is participation and entertainment. But that same participant is just as likely to remember their name instantly if it is suddenly announced as a million-dollar sweepstakes winner. The entertainment leverage would be replaced by the "millionaire" leverage. A suggestion lasts only as long as it is useful.

You will not be unconscious while being Hypnotized either eyes closed or open. But if your goal is total relaxation, close your eyes and you may feel as if you were unconscious or asleep for a segment of the session. It is the job of the Internal Trance-Formation (Transformation) Specialist to calibrate with the client and



make sure the Hypnotizee is NOT sleeping or unconscious but instead participating in a way that makes a change for good easy, efficient and automatic.

## ***Can I get stuck in hypnosis?***

Only if you want to be stuck. It's your mind, you and only you get to organize it. You may find Hypnosis so pleasurable that you're reluctant for it to end. But, as soon as that state of mind no longer serves you, just as in any other trance-state, you will return to your wide-awake consciousness. The worst that could happen is that you could feel so deeply relaxed that you fall asleep. And, be aware, sleep is just a different trance state and you will shift into consciousness when you are ready.

The truth is, it doesn't matter how deeply you go into Hypnosis, if there were ever an emergency or an alarm or even if you have to go to the bathroom, you naturally emerge and proceed to the next appropriate trance state/mindset. You would not be stuck in the previous state, you would simply move to the next trance state.

We're always playing games in our mind. Have you ever been surprised to notice a cut or big bruise on your body someplace and wondered how it happened? A Mind Game. You were so fully engrossed in whatever you were doing at the time, you simply negatively hallucinated the impact of that injury. **NEGATIVE HALLUCINATION** is NOT seeing (Or feeling/hearing) something that is there.

That's an impressive trick, is it not? And you can recall a number of times when you've experienced something similar. You've done it without any help from an expert guide. You experienced a deep state of a very focused trance and didn't even register anything outside the experience. It's just like being fully engrossed in a book, a movie, sex, or anything else that captures your full attention. Congratulations! That's Self-Hypnosis. Imagine what you can do with that skill when you have the proper training!

If you've ever looked back on a relationship only to wonder what you could have seen in that person in the first place, just smile and realize you were likely positively hallucinating what you wanted to see at the time. A Mind Game! **POSITIVE HALLUCINATION** is seeing (feeling or hearing) something that actually is NOT there.

You've probably already realized by now that you've definitely experienced hypnosis. You probably know you have created your own hypnosis. And you can now be aware that Hypnosis is the most natural thing we do all day long -even without proper training!

Hypnosis will help you uncover and delete or update any behavior app that is no longer operating at maximum efficiency. Understand, that app was originally downloaded for a very good reason. But times have changed and when the behavior, fear, habit or any other limiting belief no longer works to your benefit, that is a perfect signal to seek some guidance. A well-trained Hypnotist will help you find the resources you already have inside. Since you will be using your own powerful strategies to their optimum level, you discover how to naturally make the necessary upgrades whenever it is needed or wanted the most.

A qualified Hypnotist will empower you to recognize the ubiquitous mind games and comfortably change them to what you want instead.

You can certainly use the help of a Professional Hypnotist in the same way you might use a massage therapist, to offer the space and mental manipulation for a much-needed relaxation session. It feels so good to have that mental massage and let someone else do it for you.

But, what you will really want to be "stuck" with is the power to use your mind effectively each time you find a behavior that needs upgrading. And the more you practice using your mind for a change, the more you'll find yourself living your best life.

## ***How do I get started?***

You've already taken the most important step toward success. You're curious about how Hypnosis will help you!

And you're already recognizing that the magic is in you!

The next step is to decide to get the results you want out of life. Pause for a moment and imagine being the best YOU that you can be. As John Lennon said, "It's easy if you try."

Students who want to advance their skills may opt for scheduled training or one-on-one mentoring. Education is offered in both individual and group settings, in person and online.

If you're looking for personal development, schedule a ZOOM screening and make sure the fit is right for you.

For questions or a free screening:

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